

The 5-senses of instinct: key pointers to reality

When it *really* comes down to it, no matter which “self-development” programme or unraveling process or meditation method you choose, there is something which unites them all which we may attempt to “use” but often forget are in fact the main event. The 5 senses are smell, sight, hearing, taste, touch and for the sake of argument let’s discount the so-called “6th sense” as being a unity of the other 5, the sum being bigger than the parts.

This has nothing to do with making a practice of awareness or attempting to “do” anything, other than as Douglas Harding has suggested in the past (please see <http://www.headless.org>), to simply experiment. We are looking to really and truly investigate the nature of reality. When we do this all we have are fundamental instinctive tools: the 5 senses. We can touch and feel, smell, taste, see and hear the world around us all the time, yet the question remains who is it that is doing all these things and where are they, what is the most obvious situation which allows us to possibly to find out?

Before we start investigating we have to clarify our initial premise. In order to start from square one, we need to leave aside: the magical and mysterious, the personal-power, the manifesting of destinies, the branding process and formation of ourselves as icons, the expression of us being “true to ourselves” or not, of believing “the dream” or trying to direct our imaginations to finding the very thing that's going to take us home. Also we must leave behind the analytical scientist who wants everything cut and dried, who uses theories and principles that are passed on as “absolutes” from generation to generation such as the lineage of Newtonian dogma. In the same breath we need to let go of the old religious ideology, of everything that tells us about the world and what we should or could be in it, all the social norms and expressions that block what really and truly going on.

Instead of all this, if we just start with the basics, with *who* or *what* is really the origin of all these fantastical ideas and imaginings, what we might find is something very different from what the imagination tells us, without scientific theory, without judgment and without analysis. Always the focus of life is outwards projection, it’s always imagining ourselves as 3rd person perspectives, a mirror image over there on the wall, never from the actual 1st person position of what is really going on right now.

So this isn’t a meditation either, it’s not a method to take “yourself” anywhere, to a new horizon, there’s no addition, it’s just in the mundane situation of life, the world that you’re in right now. And here, what is there? What is there in this arena that it’s all about? I mean, if you are going to think about what you want to buy for Christmas or what new car we need, or new career or new opportunity, we may as well find out *who* wants these things...otherwise it just might be a weird fit.

So the investigation starts with the experiment of sight. When we look out at the world we are always looking out from a headless space. There is no face that I see before me

while typing these words and I'm sure no face that reads them. There is no one who's there, yet the words are typed and the words are read.... weird isn't it.

When we listen to the sounds of the world, *where* is it heard? It may seem that a sound is far off or close to but in fact this is only a factor of loudness, not of time and space. All sounds occur in one place, within the arena of that which hears, in fact there is no receiver of the sound wave, there is no-thing here, at Centre, which hears the sounds, the sounds just are as they are, all occurring at the same place.

When we smell or taste *who* does this, what are the smells or tastes, where do they go to be tasted? Without scientific theorems and on sensory data alone I can't answer this. I am still questioning who it actually is that receives this input, there doesn't seem to be a "smell-taste reader" that's present, yet the smells and tastes are there almost passing through an empty space, where they go I don't know.

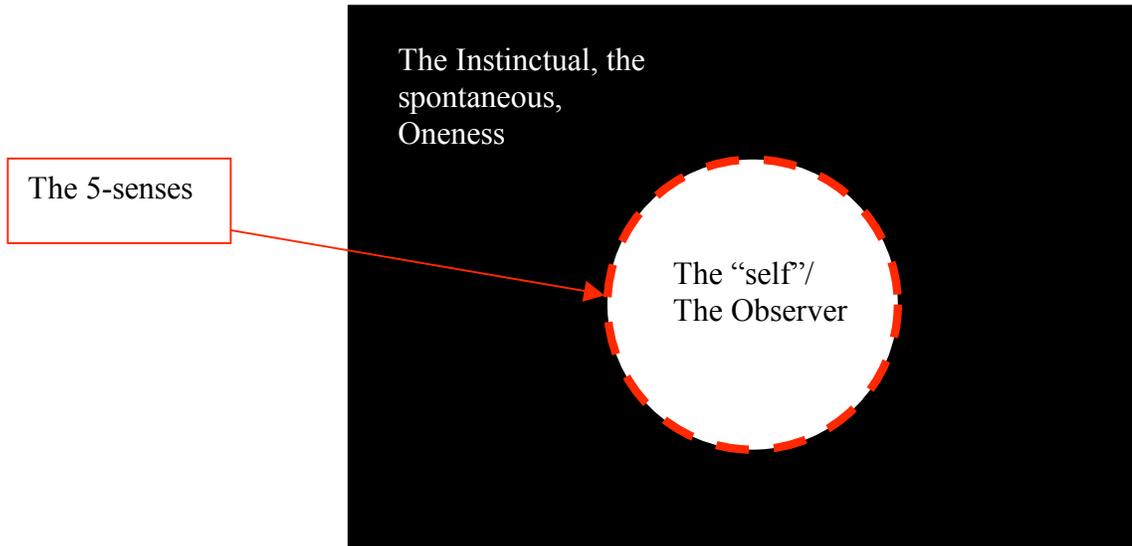
As Tony Parsons points out, when feeling the world all that's occurring is that there is sitting on a seat, there is no-one actually sitting there but sitting on a seat is happening. This is not happening for or to anyone, it's just happening.

With all these things the "I am": is thoroughly confused. I was so sure of myself before, I really thought I knew what "I" was all about. All the belief systems and ideas I had of myself have been debunked and replaced several times with a whole new set, mostly of self-development structures, yet these are all founded on no-thing or no-one. How can I know what I'm about if I have no real evidence through my senses that I am really existing at all?

When we look at what *is* in this way, without recourse to "do" or to change anything but instead simply to experiment, many things can drop away. The process that some call "self"-enquiry is another dead-end, for there is no-self to enquire about, no agenda found at the bottom of the pile. What is found as the letting-go completes is that there is no-one is pulling the strings, there is no choice or will that is separate from anything else. While things happen which seem to the 3rd person view to be very much like "me" taking action, there is in fact no separate-self to be found. So it is a mistake, foolhardy even, to believe for a moment that there is someone in control of this ship, the senses always exist behind the thoughts and emotions we have, they are constantly resisting natural flow rather than being allowed to simply be and for the "self" to spontaneously follow. The act of attempting to grasp onto to "practice" or to control the mechanism of the spontaneous is just like telling someone to "relax" when they are tense or to "stop panicking when they are in a panic.

The healer Haruchika Noguchi explained that in treatment when a person is told to behave differently as an add-on to their personality in order to "achieve" health this will never work because it there is no spontaneity within this and it is a fabrication or a mental-emotional moulding. Instead, the nature of any form of healing, which really means a letting-go of tensions around the fundamental tension of "self", is one of not requiring anything of the patient. This in itself is healing, without judgment or threat, it is

a relief and as such the 5-senses take over and spontaneously shift the body into a mode of healing relaxation.



It's not about whether I want there to be a "self" or I don't, but about what happens when we investigate what *is*, when we look and see straight into the heart of the matter, without pre-judgment and without turning away from it. Interestingly, this then brings about the realisation that the instinct of nature is living through us and is not a separate expression, much as people in ancient times used the pantheistic expression where all aspects of nature were seen to be aspects of fingers of the same hand, not a bunch of individuals. Something sees there is no-one there. Gradually all that is left is an ever-simpler expression, a return to what feels good in the senses, to that which makes the body feel alive and free. There is a shying-away from the concrete jungle and a move back to the real one, this is where we originate from and it is here that again we will one day return.

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